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Wedding bells, despite Putin

Ukraine nuptials.
Sask. couple will return to divided country roughly two weeks before election

MORGAN MODJESKI
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A Saskatchewan bride says she's not going to let Russian President Vladimir Putin stand in the way of her special day.

Two days after a wedding ceremony in Regina on May 3, Oleksandra Kravets, 26, and her fiancé, Benjamin Orr, will travel to her home of Burshtyn in western Ukraine for a second wedding, despite instability and turmoil in the country's east.

"We don't want to allow some politicians from Russia to cancel our wedding," Kravets, who has lived in Canada since 2011, said on Sunday.

With their second wedding scheduled for May 10, just 15 days before Ukrainians go to the polls for a national election, Kravets said she's not worried for her safety, but said the conflict has made planning the event quite difficult.

"There's no military in the west, but the situation is very unstable. So we're inviting people, and people don't know if they can come or not," she said.

"It's a lot of uncertainty, it's quite tough, but we're still going."

Orr, her 29-year-old Canadian fiancé, will be making his second trip to Ukraine for the wedding and explained his focus is on their big day and not the conflict.

"Right now my anxiety is more focused on the wedding itself more than going to Ukraine," he said.

"My understanding is that it's pretty isolated from what's happening, so I don't think there's much of a danger to us."

Kravets said she's been getting mixed reactions when talking to people about her upcoming ceremony, but said the couple does have a backup plan if things destabilize in the west.

"Some people say that I'm crazy," she said.

"But, I mean, I'm going home, I'm going to my hometown where I know a lot of people ... and if something goes wrong there, we're not really far from Poland, so we can always drive to the borders."

Benjamin Orr and Oleksandra Kravets stand outside St. Mary's Anglican Church in Regina where they will wed on May 3. The couple is planning a second ceremony in Ukraine in May. MARCO VIGLIOTTI/METRO IN REGINA

Pro-Russian activists stage a protest march on Sunday in Donetsk, Ukraine. A group of about 500 activists left a rally and marched to the TRK Donbass television station. Amidst the ongoing violence, one Saskatchewan bride-to-be is determined to say her vows back in her homeland of Ukraine. More Ukraine coverage, page 5. SCOTT OLSON/GETTY IMAGES

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Day of Mourning
April 28th

John Froelich - USW 189
killed by falling piece of drill steel while working in the shaft, Aug 1958;

Roger Laberge - USW 189
fell through steps while working on head frame, 1958;

Clarence Gallant - USW 189
fell out of skinning bucket and onto drill-hole plug at shaft bottom, 1963;

Len Toth - Unifor 892
K1 U/G employee - crushed in man cage/skip when load shifted, 1962;

John Fankas - Unifor - 892 load-out operator buried in railcar while loading, 1960's;

Albert Fortier - Unifor 892 - K1 U/G employee
electrocution, 1965;

Jack Campbell - Unifor 892 - K1 mill employee
caught inside screw conveyor, 1966;

Martin John Robert Strum - USW 7656 - contractor
40' fall from grating in mill, Feb 9, 1968;

Barry Meyers - USW 7656 - contractor
120' fall from beam in mill during construction, sept 30, 1968;

William Sharp - USW 7656
80' fall from beam in mill during construction, oct 30, 1969;

Ray Zakowsky - USW 189
fell while cleaning grizzly at U/G ore bin, 1968;

Frank Yonkie - USW 7458 - U/G supervisor
crushed by rock fall, 1968;

Edward George Hardidge - USW 7589 - contractor
construction accident, oct 17, 1968;

William Glenn Camm - USW 7656
struck by ground fall, June 29, 1975;

Tom Gallant - USW 7589 - contractor
fall from height at shaft, 1975;

George Suehsschlof - Unifor 892 - U/G electrician
electrocution, 1976;

Brad Boeneesen - USW 7589 - U/G surveyor
struck by ground fall, 1977;

Harold Sawyer - USW 189
pulled into ore bin when load shift while working on limit switch, 1976;

Kelly Duchek - Unifor 892
K1 surface contractor - electrocution, 1979;

Ted Munroe - USW 7552 - mill operator
crushed when bobcat tipped over railing in mill, RIP 18, 1980;

Eugene Robertson - USW 7656
fall in #1 shaft, oct 27, 1980;

Duncan Hemstock - UW 7656
crushed by mobile bridge unit U/G, Nov 19, 1986;

Lloyd Meier - Unifor 892 - K1 U/G electrician
rollover in U/G pit, 1987;

Brian Mohagen - USW 7656
struck low back brow U/G, Feb 22, 1991;

Al Saudet - USW 7656 - mill mechanic
fall from height, 1992;

Ken Wiebe - USW 7458 - U/G electrician
electrocution, 1992;

Ron Taylor - USW 7552 - mill operator
prolonged exposure to asbestos, June 6, 1993;

Kyle Minkawetz - USW 7656
contact with D7 cat on tailings pile, May 24, 1994;

Trevor S. Schlosser - USW 7656
caught in ribbon condoner in the mill, June 1997;

Troy Stadnick - USW 7458 - mill contractor
burnt after falling into hot brine tank, 1997;

Clifford Sick - USW 7458 - mill contractor
burnt after falling into hot brine tank, 1997;

Lorne McMillan - USW 7458 - load-out operator
heart attack, 1997;

James Rotheser - USW 7458 - U/G operator
struck by ground fall, 1998;

Kim Barther - USW 7589 - U/G operator
struck by ground fall, 2001;

Daniel Erdell Schultz - Unifor 892
struck by ground fall, sept 10, 2006;

Dennis Moldenhauer - USW 7689 - mill operator
crushed by product dryer, 1988;

Walter Radford - USW 7552 - load-out operator
buried in product stockpile, May 17, 1970;

Edmond Fournier - USW 7552 - U/G operator
crushed removing temp back support, June 17, 1970;

Howard Street - 1958 - shaft man
crushed when tanker rolled over him, 1971;

Joseph Gallant - USW 7656
mill exhaust stack fire, Nov 20, 1972;

Richard Hodge - USW 7656
mill exhaust fire, Nov 20, 1972;

Tom Jacobson - USW 7589 - load-out operator
buried in product stockpile, 1972;

Vern Lucas - USW 7589 - U/G mechanic trainee
caught in rock crusher, 1974;

Barry Ehry - Unifor 892
struck by ground fall, Feb 9, 1975;

Dave Hallam - USW 7458 - U/G operator
struck by ground fall, 1980;

Peter Bishrey - USW 7458 - U/G operator
struck by ground fall, 1980;

Brian Zoerb - USW 7552 - U/G operator
electrocution, Nov 16, 1980;

Glenn Jacob Friesen - Unifor 892
struck by ground fall, Feb 7, 1986;

Robert Gould - 1958 - U/G operator
heart attack, 1986;

Gordon Duff - USW 189
struck by rock bolt & debris while operating under-cutter, 1988;

Edwin William Hoffer - USW 7552 - U/G operator
struck by ground fall, sept 16, 1989;

Ken McWhirter - USW 7589 - contractor
fall from height at #2 shaft, 1989;

Gerry Bengier - USW 7656
struck by ground fall, April 20, 1995;

Robert Harold Tkach - Unifor 892
crushed when vehicle drove over unmarked ledge, sept 7, 2000;

Thomas Merritt - Unifor 892 - K2 mill operator
buried in product when storage bin collapsed, 2000;

Edward Ertic - USW 7552 - mill electrician
struck by falling sheave wheel, May 11, 2010;

Clinton Walker - USW 7656 - U/G operator
vehicle rollover, June 16, 2011;

Chris Reid - USW 7689 - U/G/ operator
crushed by equipment, June 25, 2012;

Earl Smith - Unifor 890 - K2 water inflow
contractor heart attack, 2012;

Andrew Hahn - USW 7552 - scaffolding
contractor fall from height, July 13, 2013;

Jason Shulist - USW 7458 - U/G operator
struck by ground fall, Feb 17, 2014;

Cops say warm weather may be a reason for wild weekend

Springing into action. Believe end of bitterly cold winter could have played a role in a busy few days for the force

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Despite a soggy start to spring, police say warm weather may have contributed to a busy weekend for the service.

Staff Sgt. Grant Obst with Saskatoon police said weekends can be an extra-demanding time for officers, adding the end of a long winter may have had a role to play.

"Sometimes the weather plays a factor," Obst said.

"Obviously, this past winter has been extremely cold and that may have kept a lid on things a little bit."

City police responded to several calls over the three-day period, including on Friday when a man with knife was causing a disturbance in the 100 block of Powe Street.

A release explained officers deployed a Taser on the suspect, but he managed to evade police and gain possession of a patrol car. One officer received minor injuries when he was dragged by the car, but police apprehended the suspect after he crashed the vehicle and tried to flee on foot.

Police are also investigating a stabbing that occurred on Saturday night, when officers were waved down by a bystander who said a man was stabbed outside of a business in the 2400 Block of 22nd Street W at roughly 7 p.m.

Police then found a 26-year-old man with multiple stab wounds; he was taken to hospital with serious, but non-life threatening injuries.

Suspects were said to have fled the scene, but police have made no arrests.

Police also charged five people in connection to a vehicle theft on Saturday morning and responded to the scene of a collision involving a cyclist and a vehicle on Preston Avenue shortly after 3 a.m. on Sunday.

The cyclist sustained a head injury and is in hospital in serious but stable condition. Police continue to investigate.

Fleet-footed officers give Saskatoon a run for its money

Naas Janse Van Rensburg, the winner of the Saskatoon Police Service Half Marathon, crosses the finish line outside of police headquarters on 4th Avenue on Sunday morning. Organizers and runners alike say the event is a chance for the public to show their support for the police service. Approximately 300 people took part in the event. MORGAN MODJESKI/METRO

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Massena, N.Y.

Teen's arm severed cleaning a pasta machine

A teenage employee at an Italian restaurant in northern New York has severed his arm while cleaning a pasta machine.

A spokeswoman for Massachusetts General Hospital said that 17-year-old Brett Bouchard was listed in serious condition Sunday morning. He was flown there after the accident Thursday night at Violi's Restaurant in Massena on the Canadian border.

Manager Mia Violi said that Bouchard was cleaning the pasta machine when his right arm was severed.

THE ASSOCIATED PRESS

Montreal mayor

Hours booze is served doth make a metropolis 'fun'?

Montreal's mayor is putting his city's renowned nightlife to the test — and taking a shot at rival Toronto in the process.

Denis Coderre says he will allow bars on two downtown streets this summer to serve alcohol until 5:30 a.m., two-and-a-half hours later than liquor laws currently allow.

Busy stretches of Crescent and Saint-Denis will be part of the trial. It will run from June 12 to July 5, during weekends. Coderre used Friday's announcement to lob a jab at Toronto, saying a metropolis "should be fun." THE CANADIAN PRESS

National Defence

DND examines reports on improved 24-7 search-and-rescue

National Defence is once again taking a look at establishing an around-the-clock 30-minute response time for Canada's search-and-rescue squadrons, an idea the air force has long dismissed as too costly and manpower-intensive.

The Harper government has been under pressure to address the issue since last year's critique by the auditor general and the high-profile death of a young boy in Labrador. Two research reports, which crunched the numbers, were delivered to senior command.

THE CANADIAN PRESS

S. Korea's PM resigns, takes 'all responsibility'

Ferry sinking. 'I hope these deep-rooted evils get corrected this time and this ... never happens again,' said Chung Hong-won

South Korea's prime minister resigned Sunday over the government's handling of a ferry sinking that has left more than 300 people dead or missing and led to widespread shame, fury and finger-pointing, blaming "deep-rooted evils" in society for the tragedy.

South Korean power is concentrated in the president, so Chung Hong-won's resignation appears to be symbolic. Presidential spokesman Min Kyung-wook said President Park Geun-hye would accept the resignation, but did not say when Chung would leave office. Chung's resignation comes amid rising indignation over claims by the victims' relatives that the government did not do enough to rescue or protect their loved ones. Most of the dead and missing were high school students.

Officials have taken into custody all 15 people navigating the Sewol.

A prosecutor revealed that investigators were looking into communications made as the ship sank between a crew member and the company that owns the ferry.

Chung was heckled by victims' relatives and the PM's car was blocked when he visited a shelter on an island near the site of the sinking a week ago.

On Sunday, he gave his reason for resigning. "As I saw grieving families suffering with the pain of losing their loved ones and the sadness and resentment of the public, I thought I should take all responsibility as prime minister."

THE ASSOCIATED PRESS

Relatives of sunken ferry passengers watch as Prime Minister Chung Hong-won resigns. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Paris. Two cops under review in tourist rape

France's interior minister says prosecutors have opened a preliminary investigation of two Paris policemen in connection with the suspected rape of a Canadian tourist inside police headquarters.

A statement Sunday said both officers, as yet unnamed, as well as a third who wasn't charged but is named as a witness, have been placed on suspension pending the outcome.

Prosecutors are investigating an accusation of gang rape made by the Canadian tourist. French media reports say the woman met the off-duty police officers in a nearby bar. The police headquarters, on an island in the Seine River, is home to Paris judicial police and is often evoked in France by its address, 36 Quai des Orfevres.

Reports say the woman allegedly left the headquarters distraught and told an officer that she had been raped. She has undergone a medical with DNA samples taken.

THE ASSOCIATED PRESS/ THE CANADIAN PRESS

Two important Catholic popes sainted on Sunday

Tens of thousands filled St. Peter's Square Sunday for the canonization of two modern pontiffs. MASSIMO SESTINI, ITALIAN POLICE, HO/THE ASSOCIATED PRESS

Two 20th-century popes who changed the course of the Catholic Church became saints Sunday as Pope Francis honoured John XXIII and John Paul II in a delicate balancing act aimed at bringing together the conservative and progressive wings of the church.

As if to drive the message of unity home, Francis invited retired Pope Benedict XVI to join him on the altar of St. Peter's Square, the first time a reigning and retired pope have celebrated Mass together in public in the history of the church. The day became a historic day of four popes

An estimated 800,000 people — many of them from John Paul's native Poland — filled St. Peter's, the streets around it and bridges over the Tiber River, a huge turnout but only half the size of the crowd that came out for John Paul's 2011 beatification.

John reigned from 1958-1963 and is a hero to liberal Catholics for having convened the Second Vatican Council. The meetings brought the church into the modern era by allowing Mass to be celebrated in local languages rather than Latin and encouraged greater dialogue with people of other faiths, particularly Jews.

During his globe-trotting, quarter-century papacy, John Paul II helped topple communism and invigorated a new generation of Catholics, while he defended core church teaching on abortion, marriage and other hot-button issues. THE ASSOCIATED PRESS

Day of four popes

Pope Francis offered each new saint heartfelt praise in his homily, saying Saint John had allowed himself to be led by God to call the council, and hailing Saint John Paul's focus on the family.

- Pope Benedict put John Paul on the fast-track for sainthood weeks after his 2005 death.

See that symbol? It means you can scan the image below with your Metro News App to see photos of South Africa's 20 years of democracy celebrations

Military observers speak under armed pro-Russian guard

Insurgents. They've taken some journalists and pro-Ukraine activists hostage

Masked pro-Russian activists guard the entrance during their mass storming of a regional television centre in Donetsk, Ukraine, Sunday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Eight European military observers held prisoner by pro-Russia forces in eastern Ukraine were marched out under armed guard on Sunday to give public assurances that they weren't being mistreated.

Germany's foreign minister condemned the appearance as "revolting" and a violation of the men's dignity. Four members of the team are German. One of the observers, a Swedish officer, was released later in the day for medical reasons.

The insurgents in Slovyansk have taken a number of people hostage, including journalists and pro-Ukraine activists, as they strengthen their control in the east of the country in defiance of the interim government in Kyiv and its Western supporters.

On Sunday, they captured three Ukrainian security service officers, who were shown to Russian journalists bloodied and blindfolded with packing tape. Also on Sunday, a crowd of several hundred pro-Russia activists stormed the television broadcasting centre in Donetsk, the regional capital of eastern Ukraine, to demand that Russian state channels be put back on the air. THE ASSOCIATED PRESS

South Africa celebrates 20 years of democracy

Freedom Day celebrations took place at the government's Union Building in Pretoria, South Africa, Sunday. President Jacob Zuma released balloons and aircraft performed a flyover to mark the end of the apartheid era, when all races went to the polls to cast their votes in historic 1994 elections. THE ASSOCIATED PRESS

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Survivors recount tales and trauma

Annual Holocaust remembrance. Today, Israel will stand still to honour the six million victims of the Nazi genocide

In an annual ritual, Israel will come to a standstill Monday morning for the country's official Holocaust remembrance day. Air raid sirens will wail across the country as pedestrians stop in their tracks and drivers exit their vehicles and bow their heads to honour the six million victims of the Nazi genocide of the Second World War that wiped out a third of world Jewry.

For Israelis of all walks of life, the two-minute tribute offers a moment to remember the victims and focus on an image that dreaded period represents to them. For Israel's dwindling population of elderly Holocaust survivors, however, the painful memories linger year-round.

To capture the experience in a snapshot would be impossible. Still, The Associated Press asked a group of Holocaust survivors to share their strongest singular memory.

Asher Aud (Sieradski), 86 (Poland): Married, three children and 10 grandchildren. Retired from Israel Military Industries, a state-owned weapons manufacturer.

Asher Aud THE ASSOCIATED PRESS

Asher Aud's odyssey reads like a history of the Holocaust's horrors.

Over six years, he was separated from his parents and siblings in his native Polish town of Zdunska Wola, then scavenged for scraps of bread, and staved off a debilitating illness alone in the Lodz ghetto before he was taken to the Auschwitz death camp.

Of all the atrocities he endured, Aud said parting from his mother at the age of 14 was the most traumatic.

In September 1942, the Nazis rounded up the Jewish community inside the local cemetery and were preparing to deport them.

"The Germans walked among us and anytime they saw a mother with a child, they tore the child from her arms and threw them into the back of trucks.

"I looked around and I just said, 'Mother, this is where we are going to be separated,'" he said.

Shmuel Bogler, 84 (Hungary): Married, two children, five grandchildren. Retired police officer.

Shmuel Bogler THE ASSOCIATED PRESS

Shmuel Bogler never had the opportunity to say goodbye to his family, rounded up from their home in Bodrogkeresztur and transported to Auschwitz. Of the family's 10 children, one had died young, three had fled before the war and three others had previously been taken to work camps. Bogler was left with his parents, one brother and one sister when they were crammed into a cattle car.

"The first thing they did was beat us and separate the woman from the men. It happened so quickly, I couldn't even part from my mother and sister," he said.

Jacob Philipson Armon, 76 (The Netherlands): Married, two children, one grandchild. Retired from Israeli defence contractor Rafael.

Jacob Philipson Armon THE ASSOCIATED PRESS

For Jacob Philipson Armon, memories are hard to come by. He was only two when Holland was captured by the Nazis, and three years later he went into hiding, like his more famous compatriot Anne Frank. The family's five children were dispersed among various non-Jews who risked their lives to protect them.

The most traumatic thing he recalls was when German troops kicked down the door of the home of his protector, Kit Winkel, and searched for Jews.

"They burst into the house and started to search for documents, turning over furniture and tearing down wallpaper. One soldier stood and stared at me. I sat frozen, not daring to move. I was so frightened I almost couldn't breathe," he said.

THE ASSOCIATED PRESS

Fraternal kiss: 'My God, help me to survive this deadly love'

Artist Dimitri Vrubel and his son Artjom clean the graffiti, named 'My God, help me to survive this deadly love,' depicting the fraternal kiss between former Soviet leader Leonid Brezhnev and former leader of the German Democratic Republic, DDR, Erich Honecker, at the East Side Gallery in Berlin. KAY NIETFELD/THE ASSOCIATED PRESS

NBA. Obama denounces team owner's comments

President Barack Obama said Sunday that comments reportedly made by the owner of a U.S. pro basketball team are "incredibly offensive racist statements," before casting them as part of a continuing legacy of slavery and segregation that Americans must confront.

"When ignorant folks want to advertise their ignorance, you don't really have to do anything, you just let them talk," Obama said when asked to respond to the reported comments from Los Angeles Clippers owner Donald Sterling.

The firestorm over Sterling's comments engulfed the National Basketball Association.

"The United States continues to wrestle with the legacy of race and slavery and segregation that's still there, the vestiges of discrimination," Obama said during a news conference in Malaysia.

In the recording attributed to Sterling and posted on the website TMZ, a male voice questions his girlfriend's association with minorities.

President Barack Obama speaks at a town hall meeting at Malaya University. CAROLYN KASTER/THE ASSOCIATED PRESS

TMZ reported the woman, V. Stiviano, is of black and Mexican descent.

The man asks Stiviano not to broadcast her association with black people or bring black people to games and specifically mentions Lakers Hall of Famer Magic Johnson on the recording, saying, "Don't bring him to my games, OK?"

NBA Commissioner Adam Silver had called the tape "disturbing and offensive."

THE ASSOCIATED PRESS

Stowaway. Teen wanted to reunite with his mother

He was young, displaced and frustrated, and wanted nothing more than to reunite with his mother in their native Somalia.

The 15-year-old boy had been arguing at home, and in the kind of impulsive move that teenagers make, he hopped a fence at San Jose International Airport last Sunday and clambered into a wheel well of a Hawaii-bound jetliner. He survived the trip, and has not spoken publicly about the ordeal.

But his desperation and frustration — borne from a life in a new country and new culture — is becoming apparent through interviews with friends, family and law enforcement agents.

"This whole thing should be looked at in the context of a teen who is emotionally attached to his mom and grandparents," said Talha Nooh from the Muslim Community Association, where the family were members. "The father is working 24 hours a day to take care of family here and other family members in the horn of Africa."

A United Nations official told The Associated Press that the boy's mother, 33, lives at the Sheder Refugee Camp in Ethiopia, which houses about 10,200 displaced Somalis.

Speaking with Voice of America radio from a refugee camp in Ethiopia, the teen's mother, Ubah Mohamed Abdullahi, said her son had recently learned that she was alive after being told by his father she had died. She is requesting that the U.S. government help reunite them. THE ASSOCIATED PRESS

Somali conflict

For decades, Somalia has been plagued with internal conflict, drought and violence.

- Today more than one million Somali refugees are living in neighbouring Kenya, Ethiopia and Yemen.

Holocaust

Palestine president acknowledges Nazi genocide of Jews

Palestinian President Mahmoud Abbas called the Holocaust "the most heinous crime" of modern history, voicing a rare acknowledgment of Jewish suffering before Israel held its annual memorial for victims of the Nazi genocide.

Israeli Prime Minister Benjamin Netanyahu brushed the comments aside, saying Abbas's renewed attempts to reconcile with Hamas raised doubts about his intentions.

Hamas, a movement sworn to Israel's destruction, has questioned the Holocaust and blocked the subject from being taught in schools in the Gaza Strip. THE ASSOCIATED PRESS

Hungary

Jews decry plans for Nazi occupation memorial

Speakers at an event Sunday commemorating the 70th anniversary of the Holocaust in Hungary called for dialogue with the government, and condemned plans for a memorial to Nazi Germany's 1944 occupation.

Hungarian Jewish groups have expressed frustration at what they say are efforts by the government to diminish the role local authorities had in the death of Hungarian Jews in the Holocaust.

President Janos Ader said Auschwitz, where a third of those killed in the death camp were Hungarian Jews, "forms part of Hungarian history." THE ASSOCIATED PRESS

What goes up must eventually come down

HOW TO ROLL
Alison Griffiths
metronews.ca

There may be storm clouds hovering over the stock market. Perhaps it's an opportune time to follow an old investor's adage: Sell in May and come back on St. Leger Day — the latter being the final event of the British horse racing season, falling in mid-September.

Statistics certainly support a pattern of hot-weather doldrums. Going back to 1926 the stock market's average annual summertime gain is just over four per cent, compared to seven per cent for the November-to-April period.

This year there may even be a stronger reason to lighten up on stocks and equity mutual funds: We're all waiting for a market tumble of more than 10 per cent.

Corrections or pullback of less than 10 per cent are common and occur at least once a year, sometimes more. There have been five of them in the last three years.

Bigger declines, in the 20 per cent range, hit the market about every three and a half years.

Oh dear.

Guess when the last doozy struck? That would be the summer of 2011. We are right on target for another one in the next six months.

History repeating

11

Number of 10-per-cent-plus stock market declines in the last 25 years

But before you rush off to sell everything, think again. Assuming your current investments are quality ones, consider market declines as an opportunity.

1. Have cash. Cash is opportunity personified. When the market heads south buy more of the strong stocks and funds in your portfolio.

2. Evaluate. You can't put No. 1 into effect unless you know your holdings are top notch. Reassess both mutual funds and stocks. If you have laggards, don't throw good money after bad. Any mutual funds that have not been in the top 25 per cent (called the first quartile) of their category over five years are likely not worth owning. Your adviser or a site such as morningstar.ca can provide this information.

3. Diversify. A market correction is a great time to spread your investment dollars into different regions, such as the U.S., Europe or Asia.

The coming market storm may veer off course, but it doesn't hurt to be prepared.

50 Shades of Strange: BK's Subservient Chicken is back

Burger King is bringing back one of its strangest advertising creations if you don't count its creepy King: the Subservient Chicken.

The campaign, which was considered groundbreaking when it ran in 2004, featured a website where a giant chicken dressed in garters appeared to perform any task visitors commanded. A costumed actor had been pre-recorded performing hundreds of acts so it would seem as though the chicken was obeying people's orders.

It was an unexpected take on the chain's Have It Your Way slogan, all just to promote a new chicken sandwich. The site got 100 million hits in the two weeks after its launch, according to Burger King.

A decade later, the Miami-based chain is trotting out the Subservient Chicken once again to promote yet another chicken sandwich — a triple-decker called the Chicken Big King that resembles a Big Mac, except with chicken patties. THE ASSOCIATED PRESS

An actor dressed as a chicken joins subway riders waiting on the platform in New York in 2004. GETTY IMAGES

Canada Revenue Agency still has no grand plan to fight tax evasion

After a three-year effort, the Canada Revenue Agency has failed to produce a new national strategy to combat the underground economy — despite repeated requests to do so from cash-starved provinces.

The provinces have been pressing the agency since late 2010 to update its strategy for extracting taxes from the underground economy, estimated to be worth more than $35 billion annually.

The current guiding document is a decade old, and technological advances ince then — including the cash-register "zapper" technology that conceals sales — have made it increasingly outdated.

THE CANADIAN PRESS

China censors TV shows on streaming sites

A computer in Beijing shows a Chinese streaming website with a description of The Big Bang Theory, but the site no longer has access to episodes. Chinese authorities have ordered video streaming websites in the country to stop showing four popular American TV shows, representatives from two sites said Sunday. A spokeswoman for Youku, one of the sites, said it had received notification on Saturday not to show the sitcom The Big Bang Theory, political and legal drama The Good Wife, crime drama NCIS and legal drama The Practice. The State Administration of Press, Publication, Radio, Film and Television didn't give a reason for its order, said the spokeswoman, who couldn't be named because of company policy. NG HAN GUAN/THE ASSOCIATED PRESS

Money, money, money

N. Dakota dreams of a drone boom

North Dakota has big hopes for unmanned aircraft systems, also known as drones.

The remote northwestern state has positioned itself well to take advantage of its unique attributes: A first-of-its-kind academic program, an established military presence, a strong commitment from state and federal officials to find funding, and even the weather.

The result is a growing footprint for a new and potentially lucrative business: According to a report compiled by AUVSI last year, drones have the potential to create more than 100,000 jobs and more than $80 billion in economic growth between now and 2025.

THE ASSOCIATED PRESS

A small drone designed for use by law enforcement and first responders is shown at University of North Dakota. THE ASSOCIATED PRESS FILE

Financial crisis

Urban gardens sprout up in Greece

Volunteer gardeners from countries around Europe visited Greece's second largest city, Thessaloniki, on Sunday to help local urban planting initiatives set up urban gardens to help residents hit by the country's financial crisis.

Used to plant vegetables and make use of land left vacant amid a sharp drop in real estate prices, the gardens have sprung up across Greece since the crisis brought the country to the brink of bankruptcy four years ago.

Austerity measures have created widespread unemployment and hardship.

The volunteers from seven European countries are from a France-based group, called Kokopelli, that was created to promote seed variety and whose members are currently touring cities in south Europe.

On Sunday, they visited a disused army base where city residents have been allowed to create garden allotments, and organized a seed exchange, where aspiring gardeners swap locals varieties. THE ASSOCIATED PRESS

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WINGED VICTORY FOR US EACH SPRING

URBAN COMPASS

Christina Cherneskey
saskatoon@metronews.ca

This is likely the most exciting time to cast our eyes upward and behold some of the beauty we take for granted in the skies.

The birds that soar above are not here by chance. Indeed, it is of their own will that they come back to Saskatchewan.

Migratory birds regularly travel across national boundaries and have international stature. In signing the Ramsar Convention for the Conservation of Wetlands (1981), Canada pledged to protect important wetlands, like the McKell Wascana Conservation Park in Regina. This location protects many species — for some, the favourite is Canada geese.

Canada geese usually arrive back in Regina around the middle of March. Depending on the weather, they can begin laying eggs almost as soon as they come home. These geese are banded and observed. Over at Wascana Centre, the oldest known banded bird was at least 16 years old. Saskatoon's weir by the train bridge has its own unique value. It's a naturalized park that attracts a once nearly-extinct squadron, called the American white pelican — one of the largest birds on the continent, weighing nearly 10 kilograms with a three-metre wingspan. In late fall, these pelicans migrate to sites in California, Florida, Mexico and Guatemala.

The burrowing owl has a shaky future. It's a species that is dangerously close to extinction. About 500 pairs nest in Canada and half of them are in Saskatchewan. Go to Moose Jaw and you can learn all about them at the Burrowing Owl Interpretive Centre. Each spring, in mid-to late-April, they arrive back on their Canadian breeding grounds. The burrowing owl has all but vanished in Manitoba and B.C. and there is a parliament of them in captivity in Calgary. But in our province there are hard-working volunteers who strive to protect them in their natural habitat. Beginning in September, the owls go back to northern Mexico for the winter. Unfortunately, only one in 20 of the chicks born in Saskatchewan are ever seen again. Compare the numbers: There are nearly 100 bird sanctuaries across the country. Ontario has 10. British Columbia, seven. In Saskatchewan there are 15.

It speaks volumes to see the commitment made to these birds who don't pay taxes, shop locally or vote. This dedication only highlights Saskatchewan's sheer determination to preserve these bird species, as well as others. It paints a beautiful picture of our province's unique characteristics and the fierce pride to protect what has always been our own.

A bird in the Prairies is worth two in the bush

It speaks volumes to see the commitment made to these birds who don't pay taxes, shop locally or vote.

Christina Cherneskey is news director at 620-CKRM in Regina

ZOOM

In the deep end

An artist has created a brilliant 3D illusion of a swimming pool that makes for a deeper meaning. The piece seeks to address the impact of Japan's tsunami and the Fukushima nuclear plant disaster of 2011. COURTESY JEROEN BISSCHEROUX

Artist stuns with 3D optical illusion of swimming pool

Dutch artist Jeroen Disscheroux has created the illusion of an empty swimming pool, spread across the ground inside a shopping centre in Osaka, Japan.

From a distance, Disscheroux's artwork — POOL, loss of colour — looks like a two-dimensional painting of a pool. But while standing inside the work the pool's walls appear to drop away, giving the impression that you are floating in mid-air above it. METRO

Installation represents impact of Japan's nuclear disaster

Located in the Grand Front Osaka shopping mall, the work is a perfect spot for a photo-op.

However, there is a more sombre message, as the art serves to highlight the Fukushima nuclear disaster of 2011. The empty, discoloured swimming pool "brings the impact of the disaster back to human proportions," says the artist. METRO

Metaphors

- Disscheroux describes the artwork as a carpet: "A place where we welcome guests." This cosy metaphor aims to encourage play and exploration of the empty space.
- The artist left an area to represent the crisis zone "grey and dark." Disscheroux adds that it's a symbol of the "disastrous consequences" at Sendai.

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In this issue, you can find AR enhancements on page 5 in News, page 9 in Scene, and page 14 in Sports

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metro AR

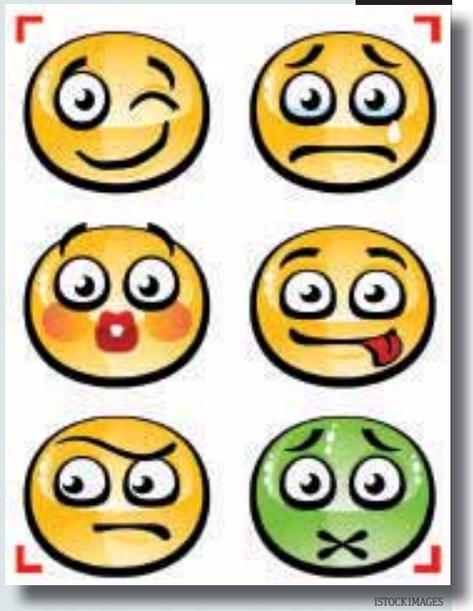
MetroTube

Emojis you wish you had use for

ANDREW FIFIELD
metronews.ca

Do you love emojis? Of course you do! Do you hate emojis? We prefer to think you just don't love them yet.

Either way, author and illustrator Avery Monsen has you covered with the introduction of 100 high-concept emojis that, sadly, our lives are too dull and tedious to require. But it would sure be nice if we could add them to our keyboards, even if it's strictly for aspiration's sake. (Tap the screen to freeze it.)
Via @averymonsen on Vine.



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See that symbol? It means you can scan the photograph below with your Metro News app to see more images from this season of The Americans

A good spy always brings the cupcakes

The Americans.
Costa Ronin explains the finer points of espionage

LISA WEIDENFELD
Metro World News

The Americans is a show that thrives on never quite revealing exactly what motivates its various spies and government agents. Who can be trusted, and who has a hidden agenda?

While Noah Emmerich's Stan Beeman navigates the intricacies of the FBI, his counterparts in the Russian Rezidentura have found a new face in their midst: Oleg Burov, played by Costa Ronin. Oleg received one of the show's finer introductions, missing an important summons from Rezidentura head Arkady Ivanovich (Lev Gorn) because he was listening to American music too loudly on his headphones. While Arkady was quick to write him off as a rich man's son using his connections to get ahead, Oleg has proven resourceful.

Oleg comes off as pretty confident about his spycraft, but as Ronin warns us, "that's his persona."

Tune in

The Americans airs Wednesday nights at 10 p.m. ET on FX Canada.

Costa Ronin as Oleg Burov in a scene from The Americans. FX CANADA

It's also the case with every character on the show, says Ronin. "Everybody's so good at hiding what they think and hiding what they feel because a small display of weakness can lead to somebody dying."

Oleg's apparent bravado may be more for protection than anything else, even among the KGB agents. "He cannot let them see how smart he is, he cannot let them see how savvy he is, he cannot show them all the cards that he's got."

Don't always assume that stony-faced people in suits would make good agents, though. Ronin says good spies are "the friendliest people you will ever meet, the people who will bring cupcakes to your Sunday brunch, who will pick up your kids from school ... To be the best, you cannot be thought of (as) being a spy."

Though Ronin was initially only signed on for two episodes, the producers decided to keep him on for more of the hit spy drama's second season. As the season has progressed, Oleg has begun a careful dance with Beeman, initiated after a slow-paced but intense car chase, of which Ronin says, "They did have to tell me to slow down a few times." He begins blackmailing Beeman over his involvement with the poker-faced Rezidentura employee Nina (Annet Mahendru), whom Oleg also begins seeing. It's all a careful balancing act. Will it all come crashing down on him?

"The show's about people and how they struggle with what they have to do," says Ronin. What, exactly, will Oleg have to do? Keep watching The Americans to see whether he's just clever enough to stay ahead of the other spies.

Ebooks

A Window on Eternity

By. E. O. Wilson

iPad/iPhone

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Amongst grandfatherly storytellers, Wilson is superb. The esteemed biologist captures the grand story of Mozambique's National Park, a place tied to humanity's origins and now recovering from Civil War destruction, before whispering details of its smallest species with a twinkle in his eye.

Box office

Captain America toppled by The Other Woman

After holding the top position at the box office for three weeks, femme-fuelled The Other Woman has beaten superhero blockbuster Captain America: The Winter Soldier for the No. 1 spot in its opening weekend. The revenge comedy grossed $24.7 million US, while Captain America grossed $16 million. THE ASSOCIATED PRESS

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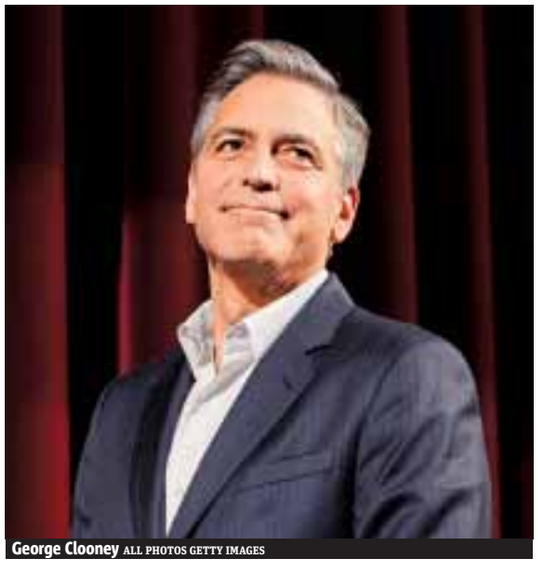


George Clooney ALL PHOTOS GETTY IMAGES

Why is George's latest squeeze wearing a giant rock?

George Clooney is ending his streak as Hollywood's most marriage-averse bachelor, as the Ocean's 11 star has reportedly asked girlfriend Amal Alamuddin to marry him, according to People magazine. "George and Amal are trying to keep things very low-key but they also aren't really trying to hide this, it doesn't seem," a source says. "I think it's like they want the people they love to know that this is real, that they plan on being together forever." While it's unclear exactly when Clooney popped the question, Alamuddin was first spotted donning an impressive diamond engagement ring at a dinner with Cindy Crawford and Rande Gerber in Malibu Thursday evening. Clooney and British human rights attorney Alamuddin were first rumoured to be dating in October when they were spotted together in London.

Gwyneth Paltrow

Gwynnie's friends sick of hearing about her perfect ... divorce

Gwyneth Paltrow's separation from Chris Martin is apparently going so smoothly that her friends are reportedly fed up with how smug the Oscar-winning actress has become about it, according to Radar Online. "'Conscious uncoupling' has become a joke among Gwyneth's friends. All she's doing is bragging about how peaceful her divorce is and how she and Chris planned it so perfectly that it is hardly disrupting their lives," a source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Some folks will do anything to avoid a wedding

STARGAZING
Malene Arpe
scene@metronews.ca

Demi Moore will reportedly travel to a yoga retreat in India in order to avoid being near any news outlets when Ashton Kutcher and Mila Kunis marry. To each her own. I would personally rather serve as ring bearer at every one of my exes' weddings than ever have to listen to someone talk about yoga.

Dean McDermott says he cheated on Tori Spelling because having sex with her wasn't "fantastic." Fun fact: Nothing is fantastic while having to look at Dean McDermott, which is why I don't watch Chopped Canada.

What you can do to help Gwyneth Paltrow's lifestyle site GOOP, which is reportedly in financial trouble: 1) Buy more $85 plain white T-shirts. 2) Cold-press everything. 3) Consciously uncouple from the notion that you are OK the way you are and don't need to be told how to live.

Gwen Stefani replaces Christina Aguilera on The Voice. The stressed-out lighting crew is scrambling to figure out how to light a fake blonde with bright lipstick and loud clothes.

This week in famous hair: 1) Nicki Minaj is reportedly ditching her wigs. 2) Andrew Garfield gets a buzz cut. 3) Jennifer Lawrence is growing her hair out. 4) Kaley Cuoco gets a bob. 5) Chris Pratt Instagrams a picture of the back of wife Anna Faris's head with the comment "this is a weird thing to brag about but I did that glorious french braid."

Selena Gomez unfollows Justin Bieber on Instagram. That Nets hat was the final straw.

Naomi Watts and Liev Schreiber

Second time's a charm for Naomi and Liev

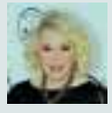
It took them some time to work out their differences, but Naomi Watts and Liev Schreiber are reportedly ready once again to walk down the aisle, according to Radar Online. "While Naomi and Liev have had their ups and downs, including a cancelled New Year's Eve wedding right before 2008, they've finally worked out their differences and are rethinking marriage," a source says of the couple, who have been together for nine years and have two sons together. "Liev really admired how Naomi rose above the flak she got for Diana — a role he really thought she'd win awards for. She was totally brokenhearted over that movie, and Liev has played a huge role in getting her confidence back so she could carry on with four more films she has in production."

Biebs' airport hassle likely caused by current rap sheet

Justin Bieber's return to the U.S. after a visit to Japan was delayed a bit when he was detained by immigration authorities for four hours at LAX late last week, according to E! News. The troubled singer had nothing to say to reporters as he made a dash for his waiting van after the extended stay at the airport, so it's unclear why the authorities were so interested in him. But chances are it has something to do with his current rap sheet, as Bieber has pleaded not guilty to charges of driving under the influence, resisting arrest and driving with an expired licence related to his January arrest in Miami. He's also been charged with assaulting a limo driver in Toronto back in December.

Justin Bieber

Twitter



@Joan_Rivers
Justin Bieber was detained at LAX. Customs probably thought he was smuggling 14 illegal aliens in those saggy pants.

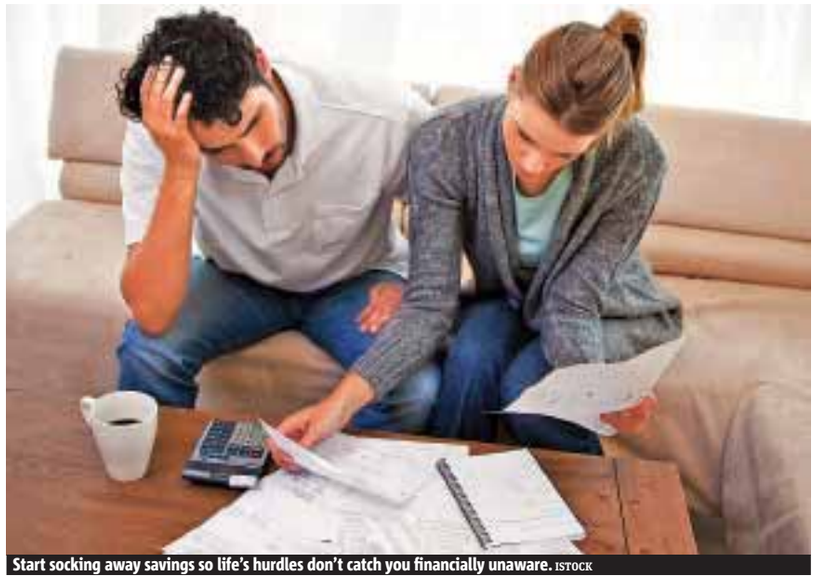
@rickygervais
I am offended by your opinion, & since I couldn't possibly ignore you or control my emotions, I demand you never express your opinion again.

@Real_Liam_Payne
Hi everyone I hate doing this because I sound a d--- but please keep the noise down outside it's 6am and everyone is sleepy mouses thanks

Five ways we find ourselves buried in a mountain of debt

No money, mo' problems. Prepare for the worst to avoid going into the red

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com



Start socking away savings so life's hurdles don't catch you financially unaware. ISTOCK

Often when people meet me out and about, they want to talk about the show. At some point in our conversation they say something like, "How'd they get themselves in such a mess?" These are the people who can't conceive of spending more than they make or having all that debt. Here are five ways it happens:

1. No Money Management Skills

Unfortunately, a lot of people were never taught the skills of money management. Each day people fly by the seat of their pants, hoping that things will turn out OK. Some days they do. Many days they don't, and they end up running around firefighting to stay afloat.

If you don't know how much money you make, how will you know how much money you can spend? If you charge whatever you're buying on your credit card, but you don't know how much you have to spend, how will you pay off that credit card when the bill comes in?

A lack of money management skills is, perhaps, the biggest predictor of financial failure. All the credit counselling, all the bankruptcies, all the income in the world isn't going to save your butt if you don't take the time to figure out how to use what you've got to your advantage. There are rules to follow, work to put in, and self-control to be applied.

2. Underemployment

Some people are just born lazy, y'know. I've worked with more than one person who thinks that earning $14 an hour for 37.5 hours a week is just fine.

Bringing home $400 a week is fine, if you're prepared to live on $400 a week. But most people aren't. They want to drive cars, they want to take vacations, they want to have cellphones and premium cable and everything else their pals have. Sometimes when I tell these people to go make more money, they complain that it'll take away from their Mommy or Daddy jobs. Yet many of those same people spend hours a day doing stuff that doesn't involve their kids. THOSE are the hours you should be spending making more money.

3. Income Goes Down, Spending Doesn't

People get laid off from work. People get sick. People stay home to raise their children. Their incomes go down, sometimes *waaay* down, but their spending doesn't change. They use their credit cards, lines of credit and overdraft protection to fill the gap and then say they are surprised to find they are buried in debt. Then they get a consolidation loan or wrap the consumer debt up in their mortgages and go out and do it all over again. Of course, these same people could have built themselves a buffer against changes in their financial circumstance, except for Reason No. 4.

4. No Savings

We seem to have developed an aversion to saving. We use the excuse that we can't get much return on our money right now, so what's the point. Ha! Talk about *justification*. Wow. We've watched the savings rate plummet over the past three decades, hitting the negatives. How can that ever be a good thing?

Of course, if we were willing to live on a little less now so that we'd have a cushion set aside in case we lost our jobs, we wouldn't be pushed into Debt Hell quite so quickly. And if, knowing we were going to take time away from work to raise kids or go back to school, we set aside some money to see us through our future plans, we wouldn't dig ourselves a tunnel to Debt Hell.

5. Getting Sick

Some people believe they will never get sick. It's why people don't bother to get critical illness insurance, disability insurance, or life insurance. In my mid-40s, my best friend died. She was also in her 40s. But before she died, she had years of dealing with MS and then with breast cancer and finally brain cancer.

If she hadn't had disability insurance, she would have been totally screwed. As it was, every month was a challenge financially. And believe me, she didn't need any more aggravation.

Of course, you may not be the one to get sick. It may be your partner, at which point you better have some money to help pay for the things he or she used to. Or it may be a child or an elderly relative that causes you to lose time off work.

There are life events that can contribute to pushing us into debt, but if we had been managing our money all along — saving some, covering our risks with insurance, being responsible with our money — those life events could have been a lot less painful.

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Did you know 72% of pain sufferers regularly have trouble sleeping?*

*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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SHOPPERS DRUG MART

Get a little nutty with a pistachio crust for your pork tenderloin

Lean and delicious. Despite its piggy reputation, pork can be leaner than a chicken breast — and it's tasty, too

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

"Pork: The Other White Meat" is a slogan used since 1987 to help pork compete with poultry, and it's worked! Ounce for ounce, pork tenderloin has less fat and fewer calories than a chicken breast, and the image that pork was only a fatty meat has been overcome. It is considered an extra lean meat according to government guidelines.

Pork is a good source of iron, zinc, selenium and phosphorus and has been known to fight against Type 2 diabetes, helping to maintain optimal sugar levels. Today, due to better health procedures, you can now eat your pork medium rather than well done.

The old practice was to cook until 160 F, which dried out this lean meat. It is now recommended to cook your pork to just 145 F for a moist and delicious medium-cooked meat.

This flavourful nut crust goes so well with this tender meat. You don't need to salt your pork since the cheese and mustard contain sodium.

When you cook the meat to medium, you won't need a sauce since the meat is so tender and tasty. Feel free to substitute any nuts of your choice. This topping also goes well over chicken or fish. Don't worry if the crumbs don't all stick; just serve them alongside the medallions.

Ingredients

Serves 4
- 1 lb pork tenderloin
- 1 Tbsp. Dijon mustard
- ½ cup finely chopped shelled pistachios
- 3 Tbsp. grated Parmesan cheese
- 2 tsp olive oil
- ½ tsp minced garlic

FLASH FOOD

From your fridge to your table in 30 minutes or less

The pistachio-nut crust on this pork tenderloin also goes well over chicken or fish. ROSE REISMAN

Directions

1. Preheat over to 400°F. Sear tenderloin in skillet sprayed with vegetable oil, just until browned on all sides, about 3-4 minutes.

2. Place on a baking sheet. Rub mustard all over tenderloin.

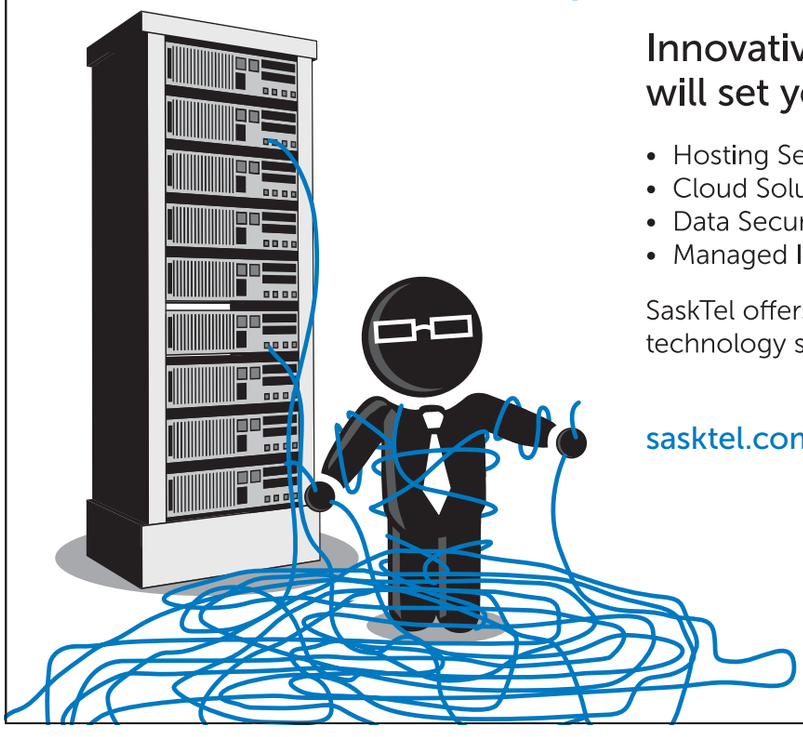
3. In a small bowl, combine pistachios, cheese, olive oil and garlic. Pat onto all sides of tenderloin.

4. Bake until temperature reaches 140°F (medium) or approximately 15-20 minutes.

5. Let rest for 10 minutes, then slice into medallions.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Tied up with IT issues?



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Wake-up call gets Arianna Huffington to redefine success as a good night's sleep

Thrive. In her new book, The Huffington Post's editor-in-chief urges others to look beyond the pursuit of money and power

It took a collapse in her home office resulting from exhaustion and sleep deprivation for Arianna Huffington to truly wake up.

As she worked relentlessly to build her rapidly expanding media company, that fall on a spring morning in 2007 left Huffington with a broken cheekbone, an eye injury and a renewed resolve to re-examine her life.

Yet long before the incident, Huffington acknowledged there were other key moments that should have put her "sleep-deprived, burnt-out-fuelled existence into perspective." The loss of her first child that was stillborn. A breast cancer scare. Her divorce.

In her new book Thrive (Harmony Books), Huffington proposes what she describes as a "Third Metric" to define success — one that extends beyond the pursuit of money and power.

The co-founder and editor-in-chief of The Huffington Post Media Group includes the following as pillars of the Third Metric: self-care, well-being, wisdom, wonder, and giving.

Huffington dedicated Thrive to her late mother, Elli, whom she saw as a true embodiment of the Third Metric, reinforced with anecdotes of the spirited matriarch woven throughout the book.

"My mother was somebody who always lived life with an open heart, making connections with people, not multitasking, all of the things that dominate our lives now were things that she realized were not going to lead to a life of meaning and purpose," Huffington said in an interview in Toronto.

"She truly believed — she taught my sister and me — in not missing the moment, and that happiness is really about being 100 per cent present in the moment of what we are doing.

"Unfortunately, our minds often want to take us in the past, judging what we've done. Often, this voice that we all have in our heads that I call the obnoxious roommate ... that puts us down, judges us constantly, questions our dreams, or our mind, wants to take us in the future worrying, being anxious about what's going to happen."

Arianna Huffington, co-founder and editor-in-chief of The Huffington Post Media Group, poses in Toronto while promoting her new book Thrive. DARREN CALABRESE/THE CANADIAN PRESS

In addition to touting the benefits of meditation, the self-described "sleep evangelist" recognized the importance of getting sufficient shut-eye after her collapse and started to read about the scientific value of sleep.

"It's really a miracle drug. It affects our health and well-being, our mental clarity, our capacity for joy," said Huffington, who over time has gone from getting four to five hours of sleep a night to between seven and eight.

At the end of each section of Thrive she offers tips on small steps readers can take immediately to start charting a course to wellness. Among them: aiming to get 30 more minutes of sleep a night. She has also established her own wind-down routine which encompasses turning off all her devices (including an iPhone and four BlackBerrys) and placing them outside of the bedroom.

"We have to recognize that we are addicted to our smartphones and the impact that that has on being able to connect deeply with the people we love. I think we need to make checking our smartphones during dinner as socially unacceptable as picking your nose or scratching your private parts," Huffington said.

Despite finding personal success in making changes, Huffington realized there are others who may find the prospect of following suit difficult — especially those faced with significant demands on the job and elsewhere. But if anything, she sees the steps she outlines as even more critical for those whose lives are particularly challenging.

"There are a lot of things in the outside world that we cannot control. We cannot control having a boss, say, that expects us to be on all the time. And let's say that we have to stay in that job. ... There's a lot we can do to deal with our own attitudes to our job and what we're doing when we're not on the job," she said.

"When our own inner world changes, we're more likely to change our outer world." THE CANADIAN PRESS

Digital detox

"It was wonderful to have a meal without Instagramming it, to watch a sunset without Instagramming it, and to have conversations with my children when they would say something funny I wouldn't feel the temptation to tweet it."

Arianna Huffington, describing her most recent Christmas vacation spent with her ex-husband and daughters.

'Round the world wisdom

List the carrots and sticks to help you stick to your goals

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical.

Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

I took on running the Gobi with enthusiasm but within a month, before having experienced any of the tangible physical benefits from my training, I was already losing my drive.

The law of diminishing intentions was in full flight — my life was getting in the way of my training.

It was challenging to anchor new habits into an already full schedule. For most of us, as it was for me, change is hard without leverage.

My main mistake was that I didn't give myself enough reasons to change my calendar to suit the project.

I had jumped in with a healthy naiveté, and now I needed to do what I should have done prior to taking on the project.

So I listed all the pros and cons of running the Gobi.

The list was obviously heavily tilted in favour of doing it. I then flipped the equation and listed the pros and cons of not running it.

It allowed me to visualize the rewards of running the Gobi and also brought to light the cost of not following through with my goal.

I needed the list of carrots and sticks to be exhaustive as possible in order to bank all these reasons for the days when I would inevitably falter, or just not want to train.

I posted the long list on my home office wall so it would be in my face — a perpetual reminder for the duration of the project.

And even though there were far more reasons to run the Gobi than not, at times when my willpower wavered, I re-read the list and renewed my commitment.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Keep your list of pros and cons top of mind to keep yourself motivated. ISTOCK

Scan this image with your Metro News app to view a gallery of the weekend's best photos in sports.

NBA playoffs

Raptors grind out split in Brooklyn

DeMar DeRozan scored 24 points as the beaten-up Toronto Raptors tied their playoff series with the Brooklyn Nets with a 87-79 victory Sunday.

The victory was the Raptors' first playoff win on the road since a win over Philadelphia way back in 2001.

The best-of-seven Eastern Conference playoff series heads to Toronto tied at two wins apiece. Game 5 is Wednesday at the Air Canada Centre. THE ASSOCIATED PRESS

NHL playoffs

Ducks done shooting Stars

Nick Bonino scored 2:47 into overtime, after getting one of Anaheim's two goals late in regulation, and the Ducks beat the Dallas Stars 5-4 in Game 6 on Sunday night to clinch the first-round series. THE ASSOCIATED PRESS

Blackhawks eliminate their case of the Blues

NHL playoffs. Chicago wins first-round playoff series in six games, will face either Minnesota or Colorado next

First, it was Jonathan Toews on a power play, and then Patrick Sharp got loose on a breakaway. Andrew Shaw tipped one home, and it was all over.

One dazzling stretch for the Chicago Blackhawks put an end to their tight first-round series against the St. Louis Blues.

Duncan Keith had a goal and three assists, and the Blackhawks used a four-goal third period to finish off the Blues with a 5-1 victory in Game 6 on Sunday.

"It feels good to contribute in a big game," Keith said, "and I think just the main thing for me is just being able to move on and get a couple days to relax and just regroup and focus on the next round."

Chicago won four in a row after a slow start in St. Louis. The defending Stanley Cup champions will play the winner of the Minnesota-Colorado series in the Western Conference semifinals. The Avalanche lead the Wild 3-2 heading into Game 6 in Minnesota on Monday night.

Toews, Sharp and Shaw scored in the first 7 1/2 minutes of the third and Keith closed out the scoring as the Blackhawks improved to 14-2 in home playoff games over the past two seasons.

Bryan Bickell scored in the first and Corey Crawford made 35 saves, keeping Chicago in a tie game when St. Louis controlled the second period.

"They were dominating the first 40 minutes here and we came back with maybe the best period of the year," coach Joel Quenneville said.

T.J. Oshie scored for the Blues, while Ryan Miller finished with 22 saves. THE ASSOCIATED PRESS

The Blackhawks celebrate Duncan Keith's third-period goal against goalie Ryan Miller and the Blues during Game 6 of their first-round playoff series in Chicago on Sunday. JONATHAN DANIEL/GETTY IMAGES

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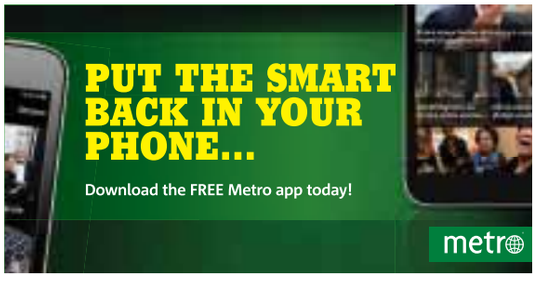


Horoscopes

♈ Aries
March 21 - April 20
Don't worry if your finances have not been too healthy of late because you will find ways to replace what you have lost or spent.

♉ Taurus
April 21 - May 21
Throw caution to the wind and let the universe decide whether you are going to win or lose. With a solar eclipse coming up in your sign you will almost certainly be a winner.

♊ Gemini
May 22 - June 21
Mercury, your ruler, may be moving through the most shy and retiring area of your chart but if past experience is anything to go by that will merely encourage you to redouble your efforts to put on a show.

♋ Cancer
June 22 - July 23
Keep things simple over the next 24 hours and you won't go wrong. You know what it is that you want, you know where it is you can find it and there is nothing anyone can do to deny you.

♌ Leo
July 24 - Aug. 23
Put yourself forward and show what you can do. Employers and others in positions of power are looking for people who are decisive. And that's you.

♍ Virgo
Aug. 24 - Sept. 23
You may not be entirely convinced that what you are about to do is going to succeed but you have promised others that you will try. Don't let them down!

♎ Libra
Sept. 24 - Oct. 23
According to the planets you are carrying too much emotional baggage. Once you have confronted your fears you may realize there was little to worry about in the first place.

♏ Scorpio
Oct. 24 - Nov. 22
Someone who is aggressive for no good reason is likely to bring out the worst in you today. No doubt they have not experienced a Scorpio's sting before but it's unlikely they will forget it.

♐ Sagittarius
Nov. 23 - Dec. 21
Because you like to be independent you may not enjoy what takes place over the next 24 hours. You may have to fight for your right to set your own agenda and come and go as you please.

♑ Capricorn
Dec. 22 - Jan. 20
You are full of energy thanks to the approaching eclipse and it's important that you channel it in constructive directions. Don't waste your time on projects that are not challenging enough.

♒ Aquarius
Jan. 21 - Feb. 19
The task you are faced with today may seem daunting but if you attack it in the right way there is no doubt at all you will make a success of it.

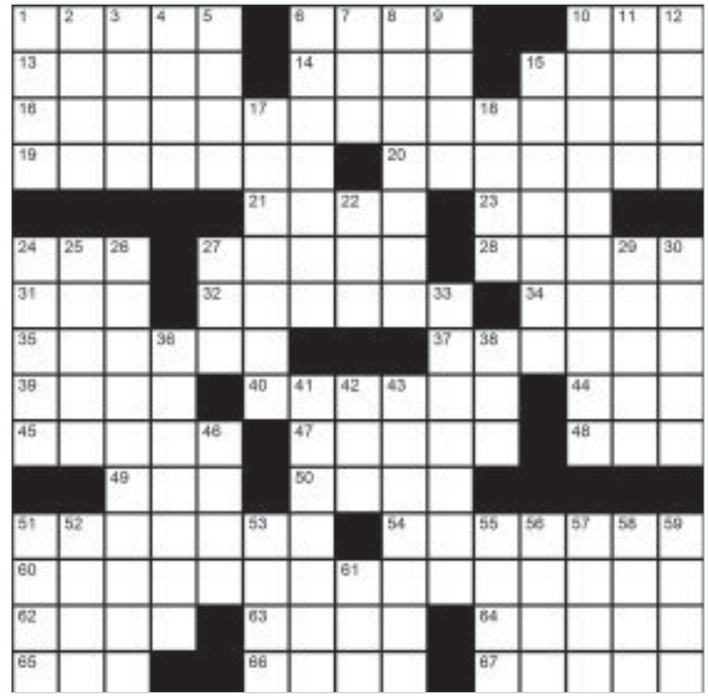
♓ Pisces
Feb. 20 - March 20
Anyone who thinks you lack the spirit of adventure will have to think again as cosmic activity in the most outgoing area of your chart inspires you to try so many new things.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

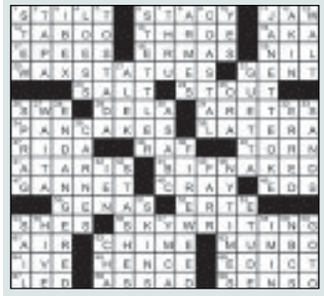
BY KELLY ANN BUCHANAN



Across
1. Jean-Claude Van __
6. British actor Idris
10. Min. bit
13. "Congratulations __ __ order!"
14. Particular primary pigment
15. Glide
16. "No Sugar Tonight/__ __ __" by The Guess Who
19. "Put Your Hand in the Hand" land, 1971 hit for Canadian band Ocean
20. 1987 Steve Martin/Daryl Hannah comedy filmed in Nelson, BC
21. Nero's 1052
23. Flight-leaving info
24. F1's PC neighbour
27. Leading by a point, as 5 to 4: 2 wds.
28. Ms. Winger
31. Gymnast, e.g.
32. Permafrost-y expanse in The Arctic
34. Big cat
35. One trying to locate a missing parcel
37. Gwyneth Paltrow's mother Ms. Danner
39. Apartment bldg. boss, colloquially
40. "Yellow Submarine" (1968) tune: "It's __ __ Much"
44. 'Jacob' suffix
45. Stephen __, Canadian star of "Arrow"
47. Droplet-looking throat part
48. Puget, e.g.
49. The Lion
50. Small
51. "Trailer Park Boys" character
54. Sequester
60. Beetle that is a threat to the type of tree in its name: 3 wds.
62. Manly
63. Ms. Russell
64. Cake topper
65. Couture monogram
66. Beatles title lady
67. Herring-like fishies

Down
1. "Shoot!"
2. Scope
3. Whimper
4. "__ on the Beach" by Jane Siberry
5. Organic compound
6. Level of command
7. Cleaning chemical
8. Australia: Great __ Reef
9. Year, fancy-style
10. Catchy interview quotes: 2 wds.
11. Get paid
12. First Nation of Manitoba
15. Distinguished
17. Deep-fried battered vegetables of Japanese cuisine
18. Cut
22. Not-reliant-on, briefly
24. __ _ hole in (Corrodes)
25. Guitarist's move
26. 'Music' provider when wedding rice is thrown: 2 wds.
27. Driver's 4x4, commonly
29. J.R.R. Tolkien: Grassy area in Middle-Earth
30. A means to __ __
33. Eradicate
36. Cause __ (Attention-grabbing controversy)
38. Hawaii's Mauna __
41. Town in southern Saskatchewan
42. Gladiator's 56
43. Northern Africa country
46. Kinks hit
51. "__ __ Baby" by The Ronettes
52. Ms. Thurman's
53. Betty's role on "Hot in Cleveland"
55. Some sashes
56. Ness Monster's place
57. Opera solo
58. Oversee
59. Work units
61. Prince Valiant's son

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	8					6		5
	2	3	5				8	9
6			9	2			1	
			3		9	4	7	
		8		4		1		
	4	2	7		6			
	3			7	2			1
2	1				3	8	5	
8		9					4	3

Friday's Sudoku

2	3	7	4	1	6	5	9	8
4	6	5	8	3	9	2	1	7
1	8	9	7	5	2	4	3	6
7	9	1	6	2	3	8	4	5
8	2	3	5	9	4	6	7	1
5	4	6	1	8	7	9	2	3
3	5	8	9	4	1	7	6	2
6	1	4	2	7	5	3	8	9
9	7	2	3	6	8	1	5	4

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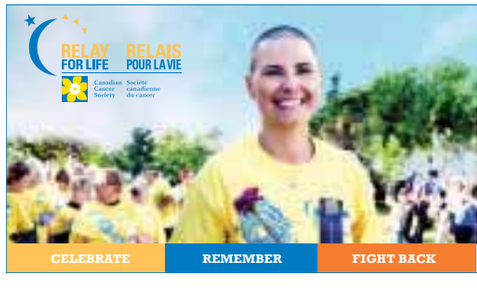

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June 13, 2014

Regina
June 20, 2014

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Lloydminster
Lumsden
Meadow Lake
Moose Jaw
Nipawin
Preeceville
Prince Albert
Rosetown
Shaunavon
Swift Current
Wilkie
Yorkton

Check the website for dates.

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